

# Roots Natural Taking care of your Health

**Melatonin**  
Cool Peppermint Flavour

Melatonin is a hormone that can improve sleep problems caused by stress, jet lag or shift work. Melatonin production declines with age.

**BONUS SIZE**  
180 210 Sublingual Tabs  
**\$10.99**

**Calcium & Magnesium**  
Citrate with D3

A great bone-building nutritional combination! Studies show that mineral citrates have superior absorption.

**BONUS SIZE**  
210 Tabs  
**\$17.99**

**Vitamin B12**  
1000mcg

A superior form of vitamin B12 called Methylcobalamin that dissolves under your tongue and appears to have advantages over all other forms of B12. It not only absorbs more readily, but keeps the B12 circulating longer.

**BONUS SIZE**  
210 Sublingual Tabs  
**\$14.99**

**RxOmega-3**  
Extra Strength

RxOmega-3 is a highly concentrated form of omega-3 fatty acids extracted from a safe, pure source to support heart health, reduce serum triglycerides, promote cognitive health, and ease the pain of rheumatoid arthritis. The fish oils are pharmaceutical grade and non-GMO.

**BONUS SIZE**  
120/150 Softgels  
**\$20.99**

**Mental Calmness**  
Pure L-Theanine

Promotes deep relaxation and mental clarity

- Safe and natural green tea extract
- 100% clinically-tested Suntheanine
- Fast-acting, great tasting chewable tablets

100mg  
60 Chewable Tabs **\$17.99**

**Reliefibre**  
Organic, Non-GMO, Gluten Free

Helps relieve minor gastrointestinal symptoms associated with IBS, including bloating, flatulence, dyspepsia, and altered bowel habits. Proven prebiotic fibre that helps improve intestinal regularity including constipation and/or diarrhea. Provides a gentle relief of constipation for adults and children above 8 years of age. Reduces glycemic response and glycemic index when taken with food.

200g **\$18.99**

**Quercetin**  
LipoMicel Matrix

An enhanced source of the antioxidant quercetin that is used in herbal medicine to protect blood vessels, protect against oxidative stress, and provide immune support. Our unique patent-pending technology creates a liquid micelle matrix that disperses quercetin into tiny micro-droplets, resulting in 10 times higher absorption than standard forms. Used for immune support and allergy relief.

60 Liquid Softgels **\$29.99**

**PS**  
Key to Memory

PS Phosphatidylserine boosts the efficiency of cell membranes, especially in the nerve cells of the brain, leading to improved concentration, learning, vocabulary, and memory. Helps prevent age-related cognitive decline.

30 Softgels **\$16.99**

**PEA400**  
(Palmitoylethanolamide)

- Helps manage chronic pain and discomfort
- Has analgesic, neuroprotective, and anti-neuroinflammatory properties
- Used to relieve the pain associated with nerve compression and inflammatory conditions

90 Vegi Caps **\$37.99**

**Ashwagandha**

Helps increase resistance to stress and anxiety

Stress-Relax Ashwagandha features clinically studied organic KSM-66 Ashwagandha extract to help increase resistance to stress and anxiety in people with a history of chronic stress, thereby improving their quality of life. Ashwagandha is a well-recognized Ayurvedic herb that is traditionally used as a sleep aid and nerve tonic, and also provides athletic support.

60 Vegi Caps **\$13.99**

**Soothe Digest**

By taking Soothe Digest at the beginning of a meal, you can help prevent gas, bloating and other discomforts before they start. Soothe Digest contains fennel seed, anise seed, and caraway seed, three aromatic carminative herbs that are known to help relieve digestive disturbances such as spasms and flatulence.

90 Caps **\$8.99**

**Super Mushroom**  
Organic Mushroom Complex

Supports a healthy immune system. Increases energy and contains adaptogens that help with stress management. Suitable for vegans and vegetarians.

Combines six organic mushrooms – maitake, shiitake, reishi, cordyceps, chaga, and lion's mane.

60 Vegi Caps **\$33.99**

**L-Glutamine**  
Micronized Powder

L-glutamine is critical to protecting muscle tissue and supporting muscle growth. Natural Factors Micronized L-Glutamine is an easy to absorb supplement powder that can be mixed with any drink and is flavourless. This supplement increases energy and helps prevent infection by boosting the immune system, and repairing the lining of the digestive tract.

300 g Powder **\$16.99**

**regenerLife**

A new mitochondrial optimizing formula contains a potent combination of targeted nutritional compounds shown to optimize mitochondrial function, the key producers of energy within our cells. The delicious watermelon-flavoured drink mix supports the body's antioxidant defence systems, helps reduce symptoms of fatigue, and contributes to brain, muscle, and heart health.

81g Powder **SAVE \$5.00**

**Tranquil Sleep**

Relieves mild insomnia and calms nervousness

- A synergistic combination of sleep-enhancing supplements
- Helps you fall asleep, stay asleep, and wake refreshed
- Fast acting, great-tasting chewable tablets

60 Chewable Tabs **\$18.99**

**IBS Relief Biotic**  
7 Billion Live Probiotic Cultures

Helps reduce the duration of diarrhea in people suffering from irritable bowel syndrome (IBS). Also reduces the risk of antibiotic-associated diarrhea in children older than 12 years of age, as well as, restores and maintains intestinal flora. This innovative probiotic is shelf stable—no refrigeration required!

30 Vegi Caps **\$15.99**

**Super Immune Formula**

Each softgel contains vitamins A and D3, omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and essential trace minerals magnesium, zinc, and copper for one-per-day support. Helps to maintain eyesight, skin, membranes, and immune function. Helps in tissue formation and in the development and maintenance of night vision.

Easy One-A-Day Dosage

60 Liquid Softgels **\$9.49**

**OsteoMove**  
Extra Strength Joint Care

Reduces chronic and acute inflammation, relieves joint pain, accelerates repair and recovery of joints and connective tissue. Improves flexibility, increases hydration and nutrient flow in joint cartilage.

120 Tabs **\$32.99**

At Root's Natural we do all the research for you!

# Root's ORGANIC NATURAL HEALTH FOODS

## HEART MONTH SPECIALS

**Quick-Blast**  
Anti cold

Quick-Blast liquid soft chews are formulated to provide instant relief and be soothing to the throat with a minty "blast" to clear the sinuses. Contains eucalyptus, peppermint and lemon in a base of honey and super strength echinacea.

30 Softchews **\$6.99**

**Vitamin D3**  
1000 IU

Vitamin D3 is called "the sunshine vitamin" because we can usually get it from the sun's ultraviolet rays; it supports bone development and is needed for calcium and vitamin C absorption, and it supports the nervous system.

90 Tablets **\$3.99**

**Anti-Viral**  
ECHINAMIDE

Stop viruses before they stop YOU. Effective against all viral conditions plus powerful immune support. Contains ECHINAMIDE, astragalus, lomatium, reishi, and licorice. Stimulates your immune system and provides anti-fungal and anti-bacterial properties.

50 ml tincture **\$10.99**

**Zinc Citrate**  
15mg

Zinc Citrate is an essential trace mineral and a factor in the maintenance of good health as it supports and protects the immune system and helps the body fight against diseases. Zinc is also important for tissue formation and the proper metabolism of fats, proteins, and carbohydrates.

90 Tabs **\$4.99**

**Black Elderberry**  
Immune Support

Helps relieve fever associated with the common cold and flu, as used in herbal medicine. Also relieves symptoms such as cough, sore throat, and catarrh of the upper respiratory tract. Elderberries are a source of antioxidant anthocyanins, polysaccharides, and other beneficial micronutrients.

60 Fast-Acting Softgels **\$11.99**

**BioCgel**

Powerful antioxidant protection

Synergistic combination of 500 mg of calcium ascorbate and 50mg of BerryRich™, an ORAC-rich whole fruit blend. Easily absorbed, gentle on the stomach, and non-acidic.

90 Softgel **\$10.99**

**Oil of Oregano**  
Certified Organic Wild Mediterranean

Oil of Oregano is a potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections. It offers powerful antioxidant protection and immune system support, and helps relieve various respiratory conditions.

30 ml **\$15.49**

**Lung, Bronchial & Sinus Health**

Lung, Bronchial & Sinus Health can help those with chronic respiratory problems breathe easier. Useful for anyone with asthma, bronchial congestion, sinus problems, or occasional hayfever.

45 Tabs **\$11.99**

**Anti-Cold Tincture**  
ECHINAMIDE

Stimulates your immune system to fight colds and viruses. A super concentrated formula derived from the roots and flowers of fresh, organic echinacea provide powerful cold (and flu) prevention.

50ml tincture **\$11.99**

**Garlic + Reishi**  
Super Strength

Supports the immune system and helps maintain cardiovascular health courtesy of a 10:1 garlic concentrate and 30:1 organic reishi mushroom extract for adaptogenic support. Each capsule provides the full spectrum of active garlic compounds in a delayed-release format to help reduce garlic breath.

120 Delayed Release Caps **\$10.99**

**Magnesium Citrate**  
150 mg

Provides 150 mg of high-quality, bioavailable magnesium citrate in a delicious, sugar-free, key lime flavoured chewable tablet. Magnesium helps maintain proper muscle function and supports healthy bones and teeth. This one-per-day formula is easy to take and offers an enjoyable option for people who have difficulty swallowing pills.

60 Chewable Tabs **\$8.99**

**Coenzyme Q10**  
100mg

Important for every cell, CoQ10 helps produce energy and maintain heart function. A powerful antioxidant that enhances immune function - imperative during cold & flu season.

60 Softgels **\$10.99**

**Berberine**  
Cardiovascular Support

WellBetX Berberine acts on the body and makes it a useful natural option for improving blood sugar, triglycerides, and cholesterol levels. It promotes cardiovascular health when paired with a nutritious diet and physical activity.

60 Vegi Caps **\$15.99**

**Hawthorn**  
Phytosome

Support Heart Health

Helps improve circulation, irregular heart beat, chest pain, and low or high blood pressure without harmful side effects.

60 Caps **\$10.99**

**Pantethine**  
450mg

Pantethine is an innovative formula that provides 450 mg of the bioactive coenzyme form of vitamin B5 alongside Farm Fresh Factors, a bioenergetic blend of phytonutrients, for direct support of lipid metabolism and to help lower total and LDL cholesterol levels.

60 Softgels **SAVE \$5.00**

**Theracurmin**  
Double Strength

Curcumin is the yellow pigment of turmeric valued for its many health benefits. With curcumin, it's not how much you take, it's how much you absorb. Curcumin Rich with Theracurmin provides superior absorption compared to regular curcumin.

60 Vegi Caps **\$34.99**





**D-Stress**  
Organic Lavender Oil

- Relieves symptoms of mental stress, restlessness, and exhaustion
- Side effect-free solution that promotes relaxation and restful sleep

30 Softgels **\$13.99**



**Joyful**  
Mood Balance

Joyful is formulated with nutrients that elevate mood and help manage anxiety. Joyful contains 11 botanical extracts, amino acids, and bioactive forms of the vitamins pivotal for mood and cognition. The therapeutic goal of Joyful is two fold: to elevate mood and to strengthen resistance to stressors that generate anxiety.

30 Vegi Caps **\$22.99**



**Sleep 8**

Sleep more, sleep better, sleep eight. To help you get to sleep naturally, we combined the most effective natural sleep aids. These have had a long history of safe, nonaddictive use. Some, like hops and chamomile, have a history of use spanning centuries. Sleep 8 helps rebalance your body's natural circadian rhythm.

60 Vegi Caps **\$22.99**

**Profi Protein**

Try the best tasting plant-based protein on the market! 20 grams of highly absorbable protein and a great source of iron as well. Delicious for kids and adults alike!



**15% OFF**

700g

**Dr. King's**  
Homeopathic Remedies

Homeopathic remedies for modern day people! Their formulas are all-natural, water-based and in easy-to-use sprays; useable at any time of the day!



**25% OFF**

**Provita supplements**

Provita products are cautiously handled in a controlled environment. And the manufacturing process has been meticulously designed for quality assurance; dried powders and raw materials are computer measured, mixed, and monitored.



**15% OFF**



**GABA**

Relieves stress and anxiety. Provides fast-acting, temporary relief from feelings of tension, stress and anxiety. Promotes mental relaxation and regulates mood. Calms "Monkey Mind," and promotes faster initiation of, and improved quality of sleep.

120 Caps **SAVE \$5.00**



**Ortho Adapt**

AOR's premium antistress formula, containing adrenal gland extract, adaptogenic botanicals ashwagandha, rhodiola, licorice and Siberian ginseng, and vitamins C and B5. Adrenal gland extract provides a time-tested way of providing key factors directly to the adrenal glands (a.k.a. the "anti-stress" glands) in a way that single nutrients and botanicals cannot.

120 Caps **\$37.99**



**Pure Liver**

An excellent source of liver-specific nutrients including heme iron. Liver extract has been researched and used for both chronic hepatitis and chronic liver disease. It has also been demonstrated to improve fat storage and use, promote tissue regeneration, and prevent liver damage.

30 Vegi Caps **\$10.99**



**Flax Oil**

Essential Fatty Acids (EFAs) are "good" fats, but the body cannot make them on its own – they must be obtained from our diets. Flora's Fresh-pressed, unrefined, "Seed to bottle" flaxseed oil provides both omega-3 and omega-6 to promote optimal nutrition and health.

500ml **\$13.99**



**Acerola Powder**

Need a boost of vitamin C? Flora's acerola powder is a whole food source of naturally occurring vitamin C, pressed from organically-grown fruit. Each 3g scoop contains 900mg vitamin C. Easy way to boost vitamin C for the whole family.

50g **\$23.99**



**Beautiful-Skin**  
Evening Primrose Oil

Beautiful skin starts inside. Evening primrose oil (EPO) is naturally rich in GLA – a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin. Made with proprietary Rigel seeds, Efamol is the only brand clinically proven to improve skin moisture, elasticity and firmness.

180 Softgels **SAVE \$5.00**



**Natural Calm**  
Calmful Sleep

A Naturally Relaxing Nighttime Drink

Nature's calming supplement in a mixed berry flavour, features magnesium and sleep promoting nutrients Suntheanine, GABA and Melatonin, to help ease your body into the restful sleep it needs

berry flavour 113g **\$22.49**



**Strest**  
Adrenal Tonic

An ashwagandha-based formula that relieves symptoms of stress, restoring mental, emotional, and physical equilibrium. Reduces mental and physical fatigue and anxiety. Promotes a calm state of mind.

Shrink pack 100ml & 50ml **\$26.99**




**PURICA**  
Clinically Proven & Targeted Probiotics

PURICA has partnered with Kaneka – the global leader in probiotics – to develop the PURICA Probiotic line. It relies on an extensive bank of over 1,000 clinical probiotic strains which promote optimal well-being and aid in the prevention and treatment of multiple conditions.

**SAVE 10%**

# Root's NATURAL ORGANIC HEALTH FOODS


## Children's Health



**Big Friends**  
Chewable Vitamin D3 400IU

A great-tasting, natural source of the sunshine vitamin, essential for building strong, healthy bones and teeth. Ideal for all children to support calcium and phosphorous absorption. Sugar and gluten free.

250 Chewable Tabs **\$7.99**



**Children's Probiotic**  
10 Billion

High-potency, 12-strain formula in convenient powder form helps establish and maintain healthy digestion and immune system function from infancy through adolescence. Provides 67 daily servings of 10 billion cells.

67 Daily Portions **SAVE \$3.00**



**BioFe iron**

Help prevent iron deficiency and iron deficiency anemia. BioFe does not cause upset stomach, constipation, or stained teeth. Best of all, BioFe tastes great! BioFe Iron is available in three delivery systems: an unflavoured drop, a tiny chewable tablet, and a delicious liquid. No sugar added!

**10% OFF**



**Big Friends**  
Magnesium Citrate

Each delicious bubble gum-flavoured chewable tablet contains 50 mg of magnesium citrate needed to support proper energy metabolism, tissue formation, muscle function, and bone development. This easy-to-take one-per-day formula is gently sweetened with xylitol and stevia.

60 Chewable Tabs **\$6.99**



**Big Friends**  
Chewable Vitamin C

A fun and delicious way for children to keep their antioxidant intake up and their bones, cartilage, teeth, and gums healthy. Children love the tangy orange flavour, while the naturally low acid content protects teeth and tummies.


Tangy Orange 90 Chewable Tabs **\$4.99**



**Sambucus Elderberry Gummies**  
Cold and Flu Care

Sambucus Elderberry Gummies original & kids 60's with added benefit of Vitamin C and Zinc. Helps relieve cold and flu symptoms and taste great! Gummies are gluten free and gelatin-free.


60 Caps **\$19.99**



**Children's Vitamin D3**

Children and adolescents deficient in levels of this crucial compound are more susceptible to disease and infection. Vitamin D receptors are also found in cells throughout the brain, and are critical for the maintenance of a healthy mood and behaviour.


30 ml **\$4.99**



**Children's Surprise WINTER BOX**

Big friends brings together the ultimate high quality immune boosting bundle for children this winter. Kids can stay healthy and have fun while boosting their immune system.


**\$14.99**



**Lose it**

Lose it is a weight-loss supplement that's specifically formulated for a woman's unique hormonal system. Lose it works with the female body to reduce and balance estrogen while activating metabolic pathways for enhanced fat burning and reduced cravings.

60 Vegi Caps **SAVE \$3.00**



**enzyme force**

Helps to correct one of the underlying causes of indigestion – poor enzyme activity, by supporting and maintaining a healthy digestive system. Noticeable results include less indigestion, gas, bloating, constipation and acid reflux. Along with better digestion, increased energy and alertness are also reported.


120+20 Vegi Caps **SAVE \$4.00**



**activ-X**

- Increase energy
- Maximize stamina
- Recover faster
- Informed Sport Certified
- Made with Superior Nutrient Absorption

60 Softgels **SAVE \$4.00**



**Botanica Phytocaps**

Discover Botanica's curated collection of finely-crafted herbs & superfoods. All Botanica products are rooted in herbal traditions, made of whole plant ingredients – never isolates or synthetics and produced in small batches for the greatest purity and potency.

**15% OFF**



**NutraSea Dry Eye**  
Targeted Omega-3

Providing 1200 mg of EPA, 300 mg of DHA, and 150 mg of GLA to help relieve the symptoms of dry eye syndrome. National Dry Eye Disease Guidelines for Canadian Ophthalmologists now include EPA, DHA, and GLA as a management strategy for chronic dry eye.

120 Softgels **10% OFF**



**NutraSea & NutraSea + D Omega 3**

Ultra-pure, great tasting omega-3 to support the whole family. Made from pure, sustainably sourced ingredients. Supports cardiovascular health, brain function and more.

**SAVE 15%**



**MegaFood**  
Ultra C-400

Premium supplements made with nutrients and real food. Our Ultra C provides antioxidant Vitamin C delivered with real organic oranges for the ultimate immune support.

60 Tabs **SAVE \$5.00**



**Ultimate FLORA**  
Probiotic

Daily multi-strain women's probiotic blend that supports women's gut and overall health. Provides 50 billion live bacterial cultures in a convenient once a day capsule.

For a limited time get 72 Caps for the price of 60 Caps. **SAVE \$3.00**



**Naturtint**

Naturtint plant enriched products are created to help you achieve gorgeous, long-lasting hair colour with minimal chemical ingredients that are cruelty free and vegan friendly.

**SAVE 15% OFF** All Naturtint Hair Dyes



**WOMENSENSE**  
EstroSense  
Hormone Balance

- Reduce hormone related problems
- Heavy or painful periods
- Endometriosis
- Uterine fibroids
- Fibrocystic breasts
- Ovarian cysts
- PMS
- Acne


60 Vegi Caps **SAVE \$3.00**



**Male Energy**

Ultimate Male Energy is a rejuvenating formula for men over age 35. It is formulated specifically to enhance men's health and features nettle extract, chrysin, indole-3-carbinol (I3C), and sulforaphane. It also provides potent antioxidant support from quercetin, turmeric, holy basil, and citrus bioflavonoids to protect the body's cells and maintain good health.

60 Vegi Caps **\$25.99**



**Preferred Nutrition**  
Rhodiola  
3% Salidroside

Rhodiola improves the body's ability to cope with internal and external stresses. As a caffeine-free alternative, an herbal extract of rhodiola can combat mental fatigue and boost energy.

500mg 60 Vegi Caps **\$13.99**



**BioSil**  
Rejuvenating Your Hair, Skin, and Nails

BioSil "turns on" the body's actual collagen-generating cells, known as fibroblasts. BioSil's patented ch-OS complex helps your body to generate its own collagen to provide support for stronger, healthy and thicker hair, stronger nails, fewer fine lines and wrinkles, and denser and more flexible bones.

**FREE Biotin with purchase**

**SAVE \$4.00**



**Alpha**  
MCT OIL

100% pure medium chain triglycerides (MTC) from coconut oil. Our body easily converts MCT'S into energy to be used as fuel and encourage fat-burning. For best results start taking 1 teaspoon daily, with food or add to your favourite smoothie or coffee. Part of a Keto friendly diet.

1L **\$28.99**



**VegiDay Vegan Organic**  
All in One Shake & Go

Provides a convenient and delicious way to boost your nutrient intake. This all-in-one, non-GMO plant-based formula provides protein, fibre, greens, vitamins, minerals, and antioxidants to support the health of your body and the planet. Whether used as a snack, workout supplement, or on-the-go energy boost, VegiDay All in One Shake & Go offers a delicious and ethical choice for nourishment.

**SAVE \$12.00**